

DU 30 SEPTEMBRE AU 6 OCTOBRE 2024 FROM SEPTEMBER 30TH TO OCTOBER 6TH							
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15	Aka Soft Yoga (60 mins) 07:15						
07H30							
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00			
08H30					Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09H00				Aka Aqua training (30 mins) 9:00			
09H15					Aka Pilates (45 mins) 09:15		
09H30					Aka Aqua training (30 mins) 9:30		
09H45							
10H00							
10H30					Aka Stretching (30 mins) 10:00		
11H00						Aka Fit Yoga (60 mins) 10:30	
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11H45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00		
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12H30						Aka Stretching (30 mins) 12:30	
12H45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13H00							
13H15	Aka Aqua training (30 mins) 13:15						
13H30							
13H45							
14H00							
15H00							
15H30							
16H00							
16H15							
16H45							
17H00		Aka Aqua training (30 mins) 17:00					
17H30							
17H45							
18H00					Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Cardio brûle- graisse (30 mins) 17:45	
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Stretching (30 mins) 18:15	
18H30				AKA Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45				Aka Poids du corps (30 mins) 18:45		
19H00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19H15							
19H30		Kalon Cardio Barre (60 mins) 19:15					
19H45			Aka Pilates (45 mins) 19:30				
20H00	Aka Yoga Yin (60 mins) 19:30						
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		
Notre programme de remise en forme est susceptible de changer et des réservations sont requises. Veuillez vous assurer de contacter le Spa Akasha pour réserver votre place à l'avance. uiired. Please ensure you contact Akasha Spa to reserve your spot beforehand.							

DU 7 AU 13 OCTOBRE 2024
FROM OCTOBER 7TH TO OCTOBER 13TH

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15							
07H30							
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00				
08H30					Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09H00				Aka Aqua training (30 mins) 9:00			
09H15						Aka Pilates (45 mins) 09:15	
09H30					Aka Aqua training (30 mins) 9:30		
09H45							
10H00						Aka Stretching (30 mins) 10:00	
10H30							
11H00							
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle-graisse (30 mins) 11:30	
11H45	Aka Cardio brûle-graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00		
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12H30							Aka Stretching (30 mins) 12:30
12H45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13H00							
13H15	Aka Aqua training (30 mins) 13:15						
13H30							
13H45							
14H00							
15H00							
15H30							
16H00							
16H15							
16H45							
17H00		Aka Aqua training (30 mins) 17:00					
17H30							
17H45							Aka Cardio brûle-graisse (30 mins) 17:45
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	
18H15	Aka Circuit Training (30 mins) 18:15	Aka Cuisses abdo/fessiers (30 mins) 18:15					Aka Stretching (30 mins) 18:15
18H30				AKA Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45				Aka Poids du corps (30 mins) 18:45		
19H00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19H15							
19H30		Kalon Cardio Barre (60 mins) 19:15					
19H45							
20H00	Aka Yoga Yin (60 mins) 19:30						
20H15							
20H30							

Élément "AIR" Élément "TERRE" Élément "EAU" Élément "FEU"

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 uired. Please ensure you contact Akasha Spa to reserve your spot beforehand.*

DU 14 AU 20 OCTOBRE 2024
FROM OCTOBER 14TH TO OCTOBER 20TH

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15	Aka Soft Yoga (60 mins) 07:15						
07H30							
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00			
08H30					Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09H00				Aka Aqua training (30 mins) 9:00			
09H15						Aka Pilates (45 mins) 09:15	
09H30					Aka Aqua training (30 mins) 9:30		
09H45							
10H00						Aka Stretching (30 mins) 10:00	
10H30							Aka Fit Yoga (60 mins) 10:30
11H00							
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11H45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00		
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12H30							Aka Stretching (30 mins) 12:30
12H45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13H00							
13H15	Aka Aqua training (30 mins) 13:15						
13H30							
13H45							
14H00							
15H00							
15H30							
16H00							
16H15							
16H45							
17H00		Aka Aqua training (30 mins) 17:00					
17H30							
17H45							Aka Cardio brûle- graisse (30 mins) 17:45
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					
18H30				AKA Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45				Aka Poids du corps (30 mins) 18:45		
19H00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19H15							
19H30		Kalon Cardio Barre (60 mins) 19:15					
19H45			Aka Pilates (45 mins) 19:30				
20H00	Aka Yoga Yin (60 mins) 19:30						
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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uiired. Please ensure you contact Akasha Spa to reserve your spot beforehand.

DU 21 AU 27 OCTOBRE 2024
FROM OCTOBER 21TH TO OCTOBER 27TH

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15							
07H30	Aka Soft Yoga (60 mins) 07:15						
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00			
08H30					Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09H00				Aka Aqua training (30 mins) 9:00			
09H15						Aka Pilates (45 mins) 09:15	
09H30					Aka Aqua training (30 mins) 9:30		
09H45						Aka Stretching (30 mins) 10:00	
10H00							Aka Fit Yoga (60 mins) 10:30
10H30							
11H00							
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle-graisse (30 mins) 11:30	
11H45	Aka Cardio brûle-graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00		
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12H30			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		Aka Stretching (30 mins) 12:30
12H45							
13H00							
13H15	Aka Aqua training (30 mins) 13:15						
13H30							
13H45							
14H00							
15H00							
15H30							
16H00							
16H15							
16H45							
17H00		Aka Aqua training (30 mins) 17:00					
17H30							
17H45							Aka Cardio brûle-graisse (30 mins) 17:45
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					
18H30				AKA Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45				Aka Poids du corps (30 mins) 18:45		
19H00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00			
19H15							
19H30		Kalon Cardio Barre (60 mins) 19:15					
19H45			Aka Pilates (45 mins) 19:30				
20H00	Aka Yoga Yin (60 mins) 19:30						
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

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 uired. Please ensure you contact Akasha Spa to reserve your spot beforehand.*

DU 28 AU 3 NOVEMBRE 2024								
FROM OCTOBER 28TH TO NOVEMBER 3RD								
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
07H00								
07H15	Aka Soft Yoga (60 mins) 07:15							
07H30								
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00	Aka Fit Yoga (60 mins) 8:00				
08H30					Aka Soft Yoga (60 mins) 08:30	Aka Aqua training (30 mins) 8:30		
09H00				Aka Aqua training (30 mins) 9:00				
09H15								
09H30					Aka Aqua training (30 mins) 9:30			
09H45								
10H00						Aka Stretching (30 mins) 10:00		
10H30							Aka Fit Yoga (60 mins) 10:30	
11H00								
11H15								
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle-graisse (30 mins) 11:30		
11H45	Aka Cardio brûle-graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45				
12H00		Aka Cuisses abdo/fessiers (30 mins) 12:00			Aka Cuisses abdo/fessiers (30 mins) 12:00			
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15		
12H30							Aka Stretching (30 mins) 12:30	
12H45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30			
13H00								
13H15	Aka Aqua training (30 mins) 13:15							
13H30								
13H45								
14H00								
15H00								
15H30								
16H00								
16H15								
16H45								
17H00		Aka Aqua training (30 mins) 17:00						
17H30								
17H45							Aka Cardio brûle-graisse (30 mins) 17:45	
18H00						Aka Cuisses abdo/fessiers (30 mins) 18:00	Aka Stretching (30 mins) 18:15	
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15						
18H30				AKA Full Abdo (30 mins) 18:30				
18H45	Aka Posturologie Business (30 mins) 18:45				Aka Poids du corps (30 mins) 18:45			
19H00			Aka Abdo/fessiers (30 mins) 19:00	AKA Cross Training (30 mins) 19:00				
19H15								
19H30		Kalon Cardio Barre (60 mins) 19:15						
19H45			Aka Pilates (45 mins) 19:30					
20H00	Aka Yoga Yin (60 mins) 19:30							
20H15								
20H30								
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"			
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